



# Accessing Your COVA Care Health Assessment



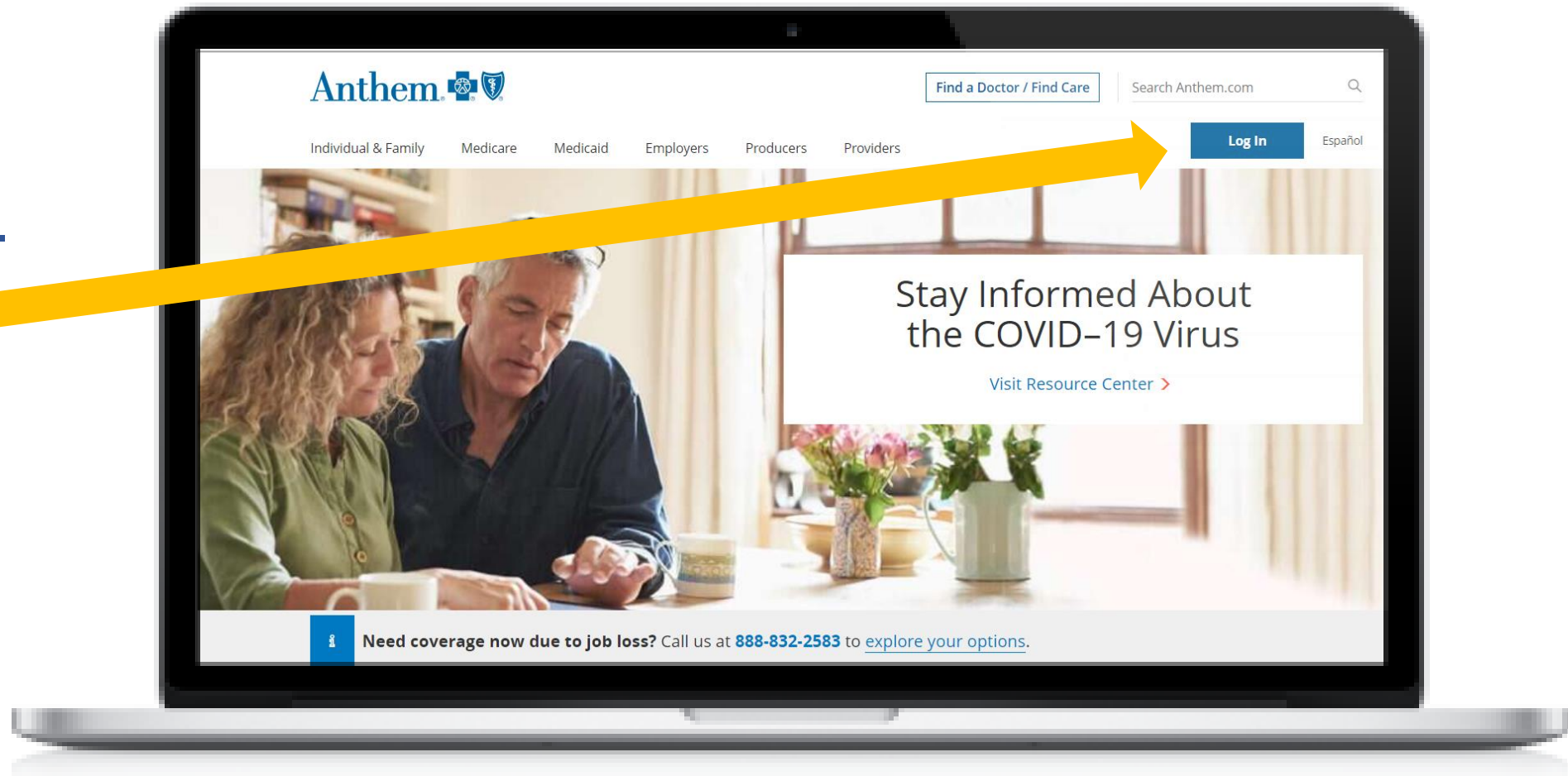
# Accessing via the anthem.com member portal

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# Logging into an existing account/Registering a new account

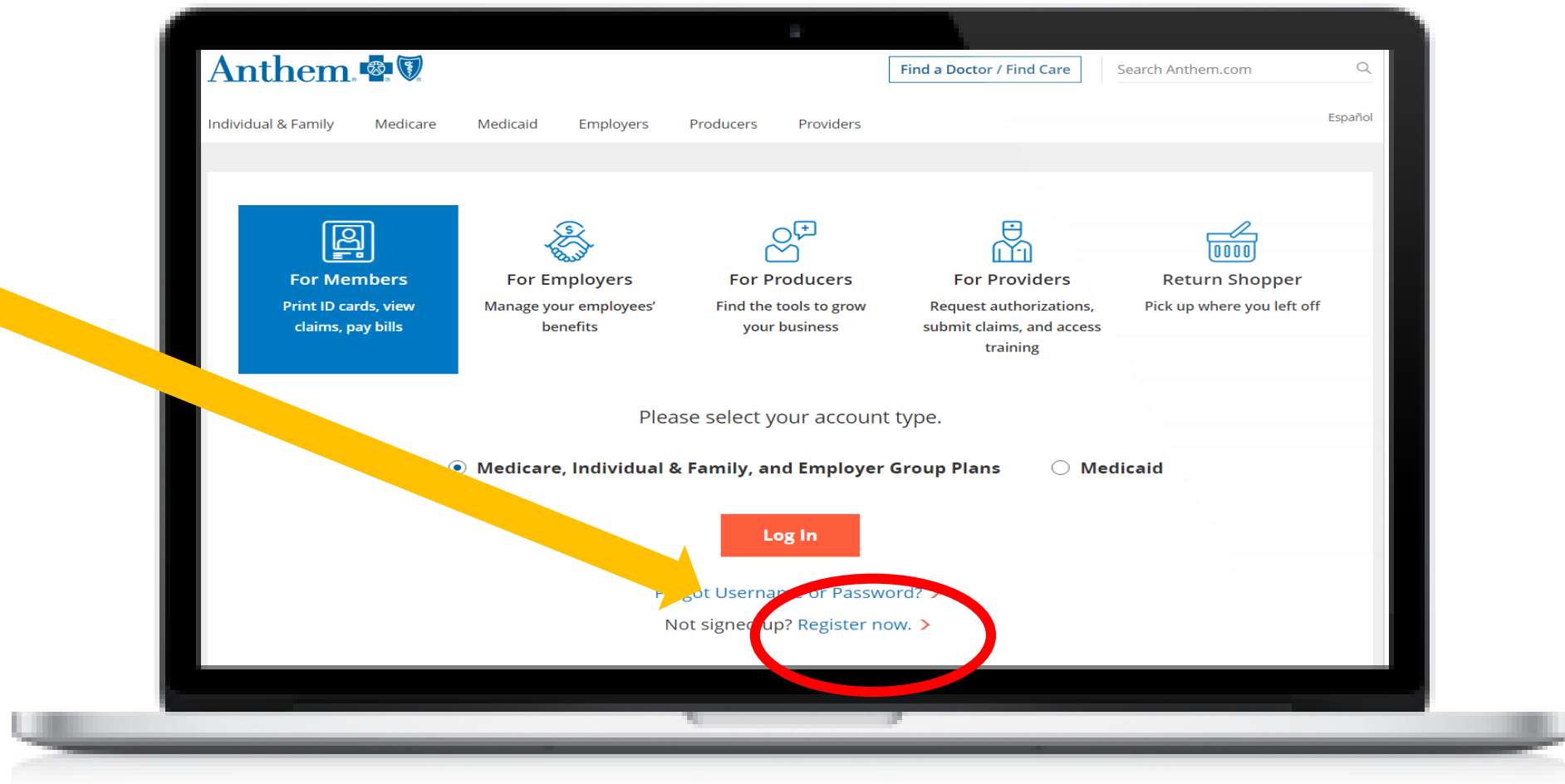
To log in or register for a new account, go to [www.anthem.com](https://www.anthem.com).

Click on **Log In**.



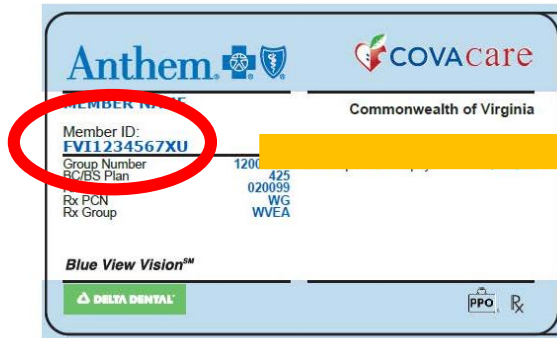
# Registering a new account

To register a new account, click ***Register now.***



# Registering a new account

Register for a new account using your **Member ID number** found on your COVA Care ID card.

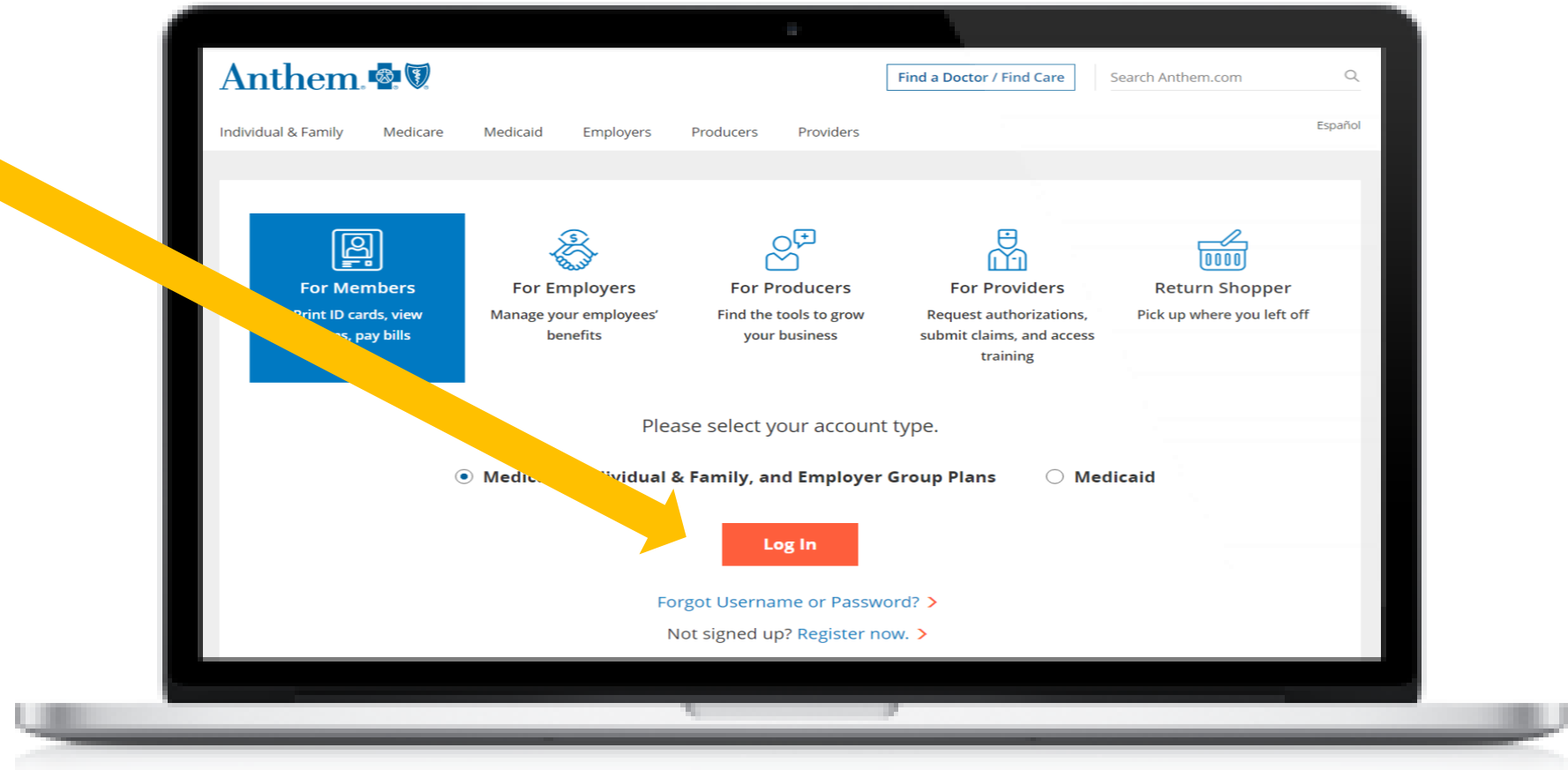


Complete the step-by-step prompts to complete your registration.

A laptop screen displaying the Anthem website's registration page. The page has the Anthem logo at the top left and navigation links for Individual & Family, Medicare, Medicaid, Employers, Producers, and Providers. A search bar is at the top right. The main heading asks, "Have your member ID card handy? Use your member ID to register." Below this are three radio buttons: "Member ID" (selected), "Activation code", and "Student ID". The form includes input fields for "Member ID" (with a masked value "\*\*\*\*\*" and a copy icon), "Date of birth" (with a placeholder "MM/DD/YYYY"), "First name", and "Last name". A red "Next" button is at the bottom, and a link for "Already registered? Log In" is below it.

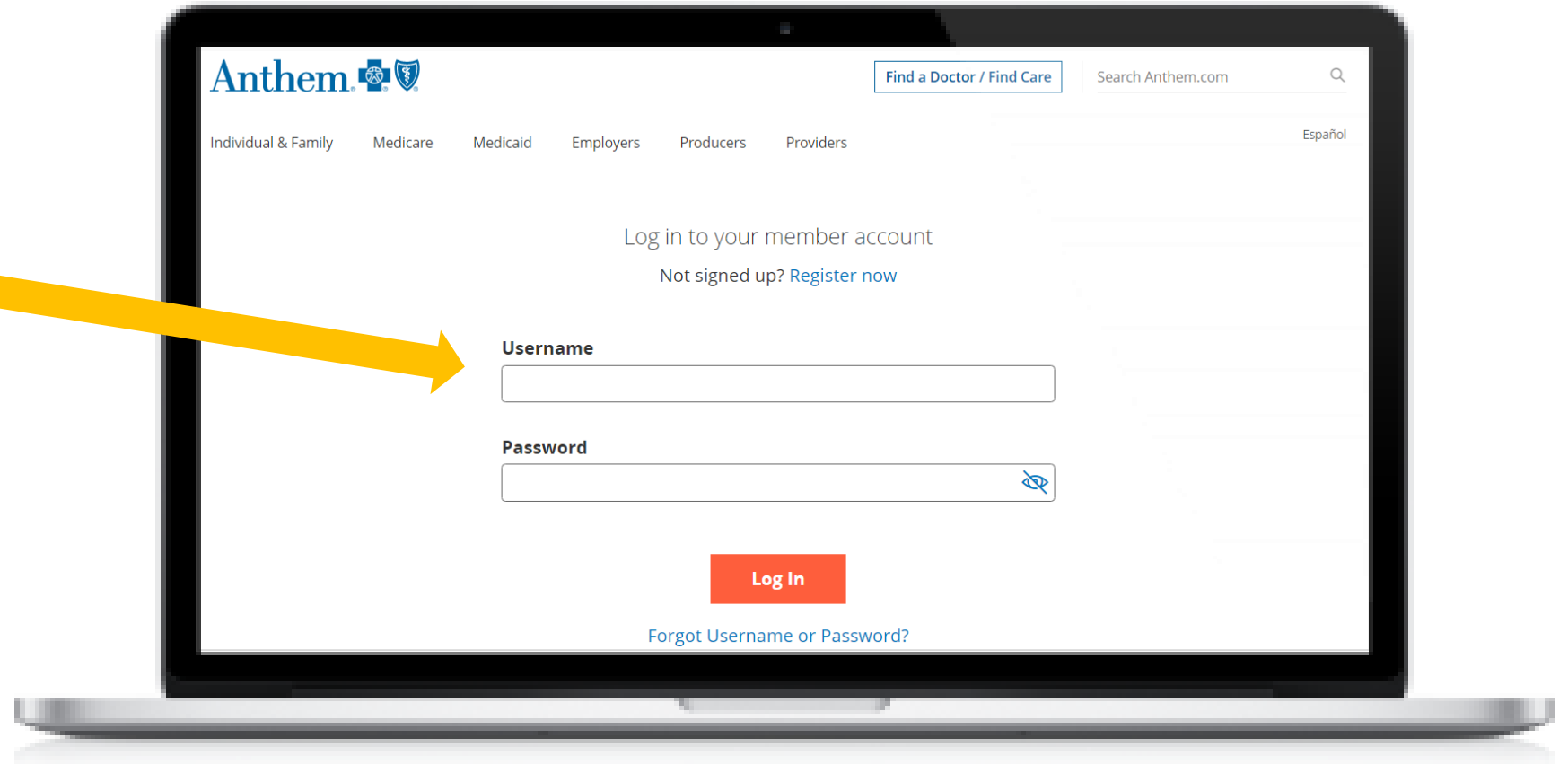
# Logging into an existing account

Click on **Log In**  
under For Members.



# Logging into an existing account

Log in using your  
anthem.com  
**Username** and  
**Password**.



The image shows a laptop screen displaying the Anthem website's login page. The page features the Anthem logo at the top left, a navigation bar with links for 'Individual & Family', 'Medicare', 'Medicaid', 'Employers', 'Producers', and 'Providers', and a search bar on the top right. The main content area is titled 'Log in to your member account' and includes a link for 'Not signed up? Register now'. Below this, there are two input fields: 'Username' and 'Password'. A large yellow arrow points from the text 'Username' in the instructions to the 'Username' input field. At the bottom of the form is a red 'Log In' button, and a link for 'Forgot Username or Password?' is located below the button.

Username

Password

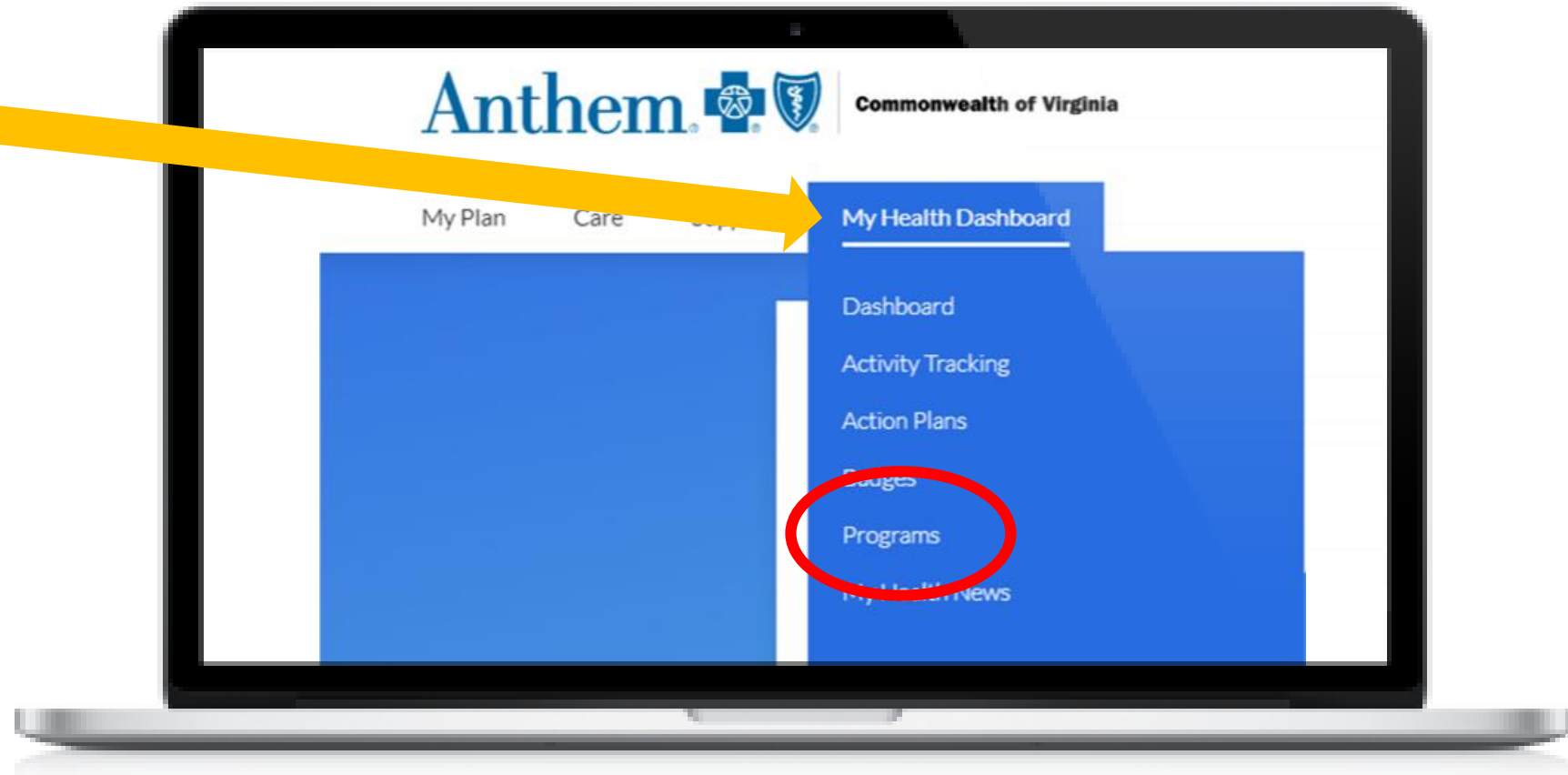
Log In

[Forgot Username or Password?](#)

# Accessing your health assessment

Select ***My Health Dashboard*** from the top navigation menu.

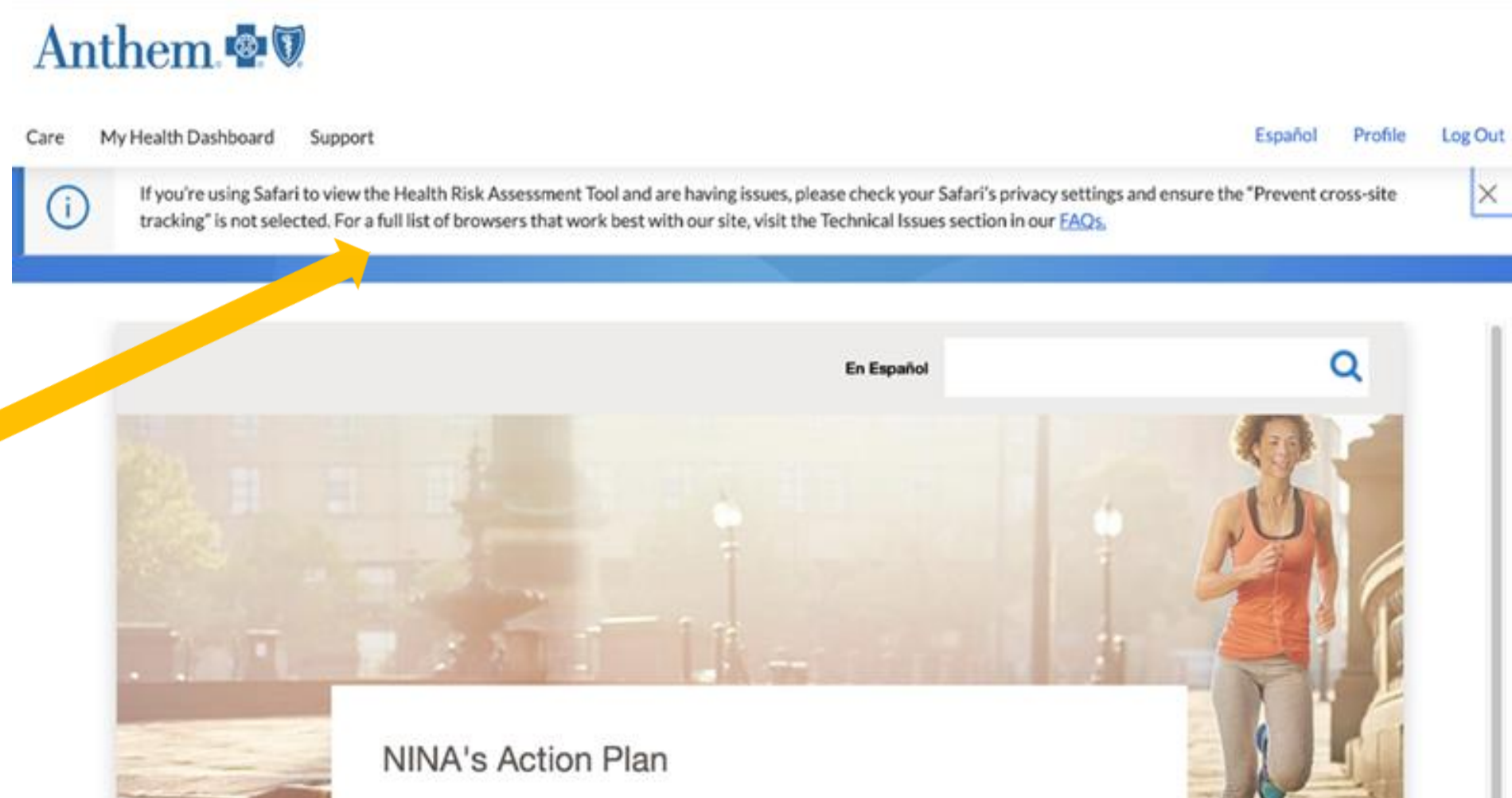
Select ***Programs***.



# Accessing your health assessment

If you are using the Safari browser to access the Health Assessment, you may receive this error message if you have certain privacy settings enabled.

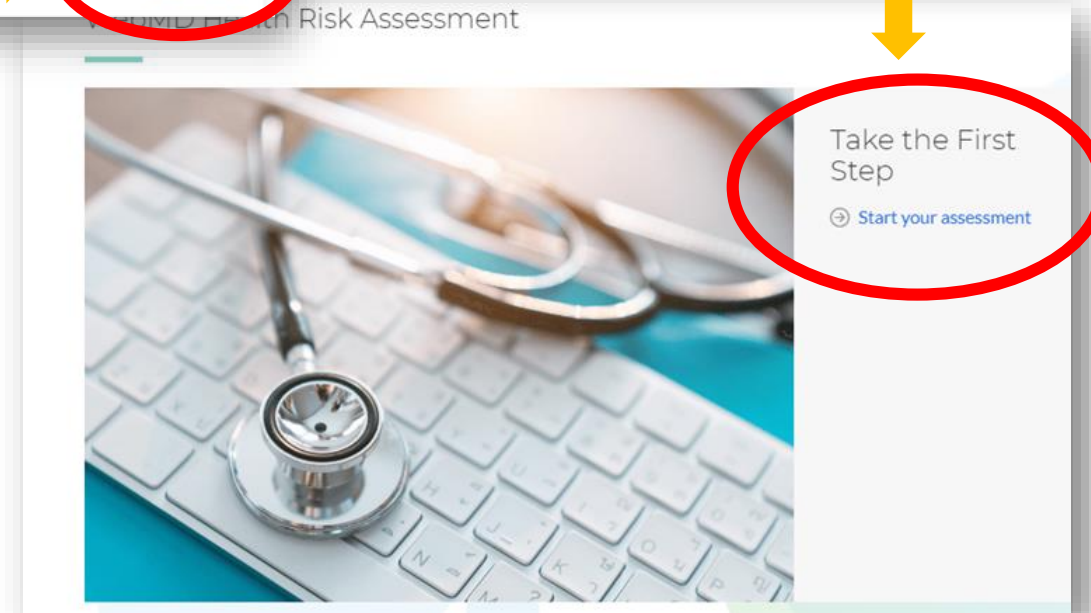
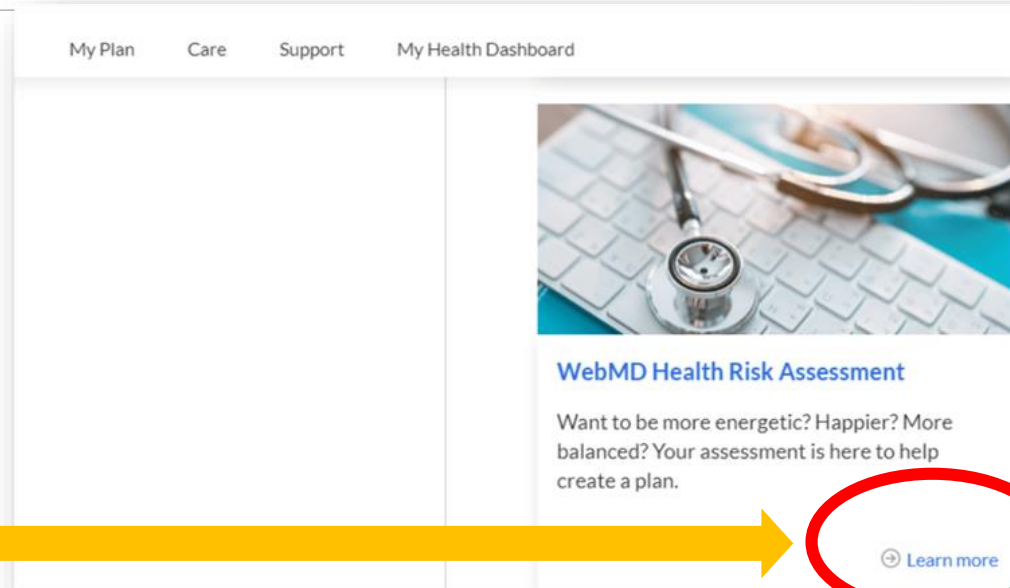
Follow the instructions in the message to update your settings and try again.



# Accessing your health assessment

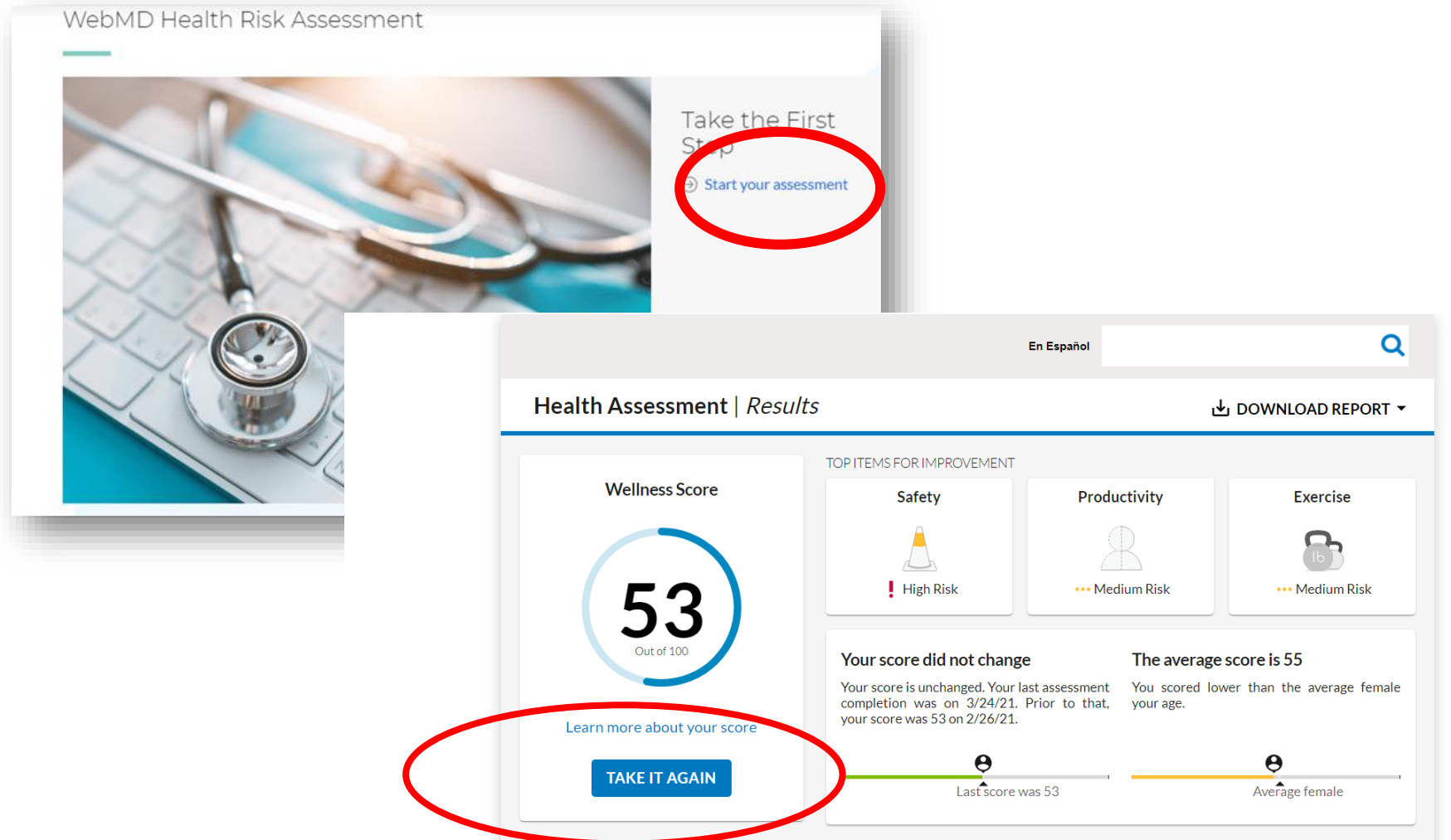
Under Programs,  
locate the **WebMD  
Health Risk  
Assessment** card  
and select **Learn  
more.**

Click **Start your  
assessment** and  
complete your  
assessment.



# Returning Users

If you have previously completed the WebMD Health assessment, after clicking “**Start your Assessment**”, you will see your health assessment summary page and your previous score. Then you will click “**Take it Again**” to begin.



# Saving Your Progress

Whether you are taking the WebMD health assessment for the first time or are a returning user, be sure to click **“save & continue”** as you complete each section of the assessment.

The screenshot displays the 'About You' section of a WebMD health assessment. The top navigation bar includes tabs for 'About You', 'Lifestyle', 'Well-being', 'Conditions', 'Lab Tests', and 'Screenings', each with a checkmark. Below the navigation bar, there are two sub-tabs: 'THE BASICS' and 'THE SPECIFICS'. The 'THE BASICS' tab is active, showing a question 'How tall are you?'. There are two input fields: one for height in feet (with the number 5 entered) and one for height in inches (with the number 6 entered). At the bottom right of the form, there are two buttons: 'SAVE & FINALIZE' and 'SAVE & CONTINUE'. The 'SAVE & CONTINUE' button is highlighted with a red circle. The footer contains copyright information, a disclaimer, and accreditation logos for NCCA, URAC, and HITRUST CSF.

About You ✓ Lifestyle ✓ Well-being ✓ Conditions ✓ Lab Tests ✓ Screenings ✓

THE BASICS | THE SPECIFICS

How tall are you?

5  
height in feet

6  
height in inches

SAVE & FINALIZE SAVE & CONTINUE

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NCCA  
WELLNESS & HEALTH  
PROMOTION  
With Disease  
Management  
Accreditation and  
Health Information  
Products Certification

urac  
ACCREDITED  
Health Website  
Expires 07/01/2022

HITRUST  
CSF Certified

# Finalizing Your Assessment

When you reach the end of the health assessment questions you will click “**Save & Finalize.**”

You’re almost finished!

Physical exam or wellness visit

Less than a year ago ▼

Stool blood test

Never ▼

Have you had a flu shot in the last 12 months?

☒ Yes

☐ No

☐ Don't Know

It was around

10 / 1 / 2020

SAVE & FINALIZE

SAVE & CONTINUE

# Readiness to Change & WebMD Health Assessment Feedback

After you've completed the WebMD health assessment questions, there are a few questions to assess your "readiness to change." Answering these questions will help identify which resources may be most appropriate with helping you to reach your wellness goals.

Click "**Save & Continue**" as you complete these questions

How confident are you that you can make healthy changes?

- ☐ Extremely confident
- ☒ Very confident
- ☐ Confident
- ☐ Somewhat confident
- ☐ Not at all confident

Your health plan may offer programs to help manage health risks identified in this assessment. If you qualify, would you like to be contacted about these programs?

- ☒ Yes
- ☐ No

SAVE & CONTINUE

# Readiness to Change & WebMD Health Assessment Feedback

The final questions will gather value feedback regarding your experience with the WebMD health assessment. After answering these two questions you will click **“Finish”**

[Healthy Changes](#) > [Feedback](#) > Results

Would you recommend this questionnaire to someone else, like a co-worker?

☒ Yes

☐ No

Approximately how long did it take you to fill out this questionnaire?

10 minutes

FINISH

# Save Your Completion Confirmation Page

Now that you have completed your WebMD Health Assessment click **“Print Your Confirmation”** to save your completion confirmation page for your records.

**Helpful Tip:** If you are not able to print your confirmation, take a screenshot and save it to your computer.



[My Plans](#) [Claims & Payments](#) [Care](#) [My Health Dashboard](#) [Support](#)

[Español](#) [Profile](#) [Log Out](#)

